

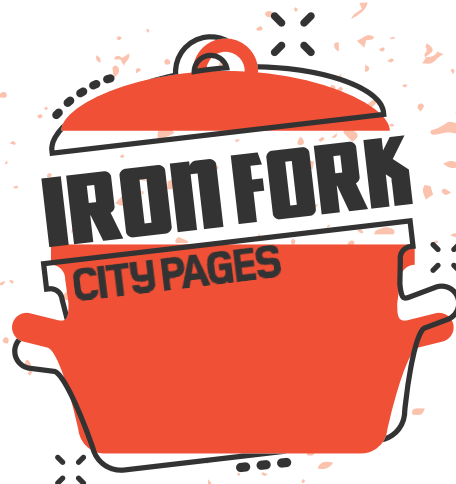
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MINNESOTA NEXT

9 OF THE TWIN CITIES' MOST INSPIRING TEENS

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MINNEAPOLIS/ST. PAUL METRO

The Uptown neighborhood of Minneapolis is where you can find the flagship location of Nothing But Hemp, a leader in Minnesota's CBD industry and purveyor of award-winning, lab-tested CBD. At Nothing But Hemp's West Lake Street location in Uptown, a minimalist and comfortable aesthetic meets caring professionals who know the CBD industry forward and back. The team there has just the right information to guide you to the right products, including industry standard Charlotte's Web CBD oil, farm-to-table organic brands like Siskiyow Sungrown and other leading brands. Check out Nothing But Hemp at **617 W Lake St, Minneapolis, MN 55408**.

SAINT PAUL

Grand Avenue in St. Paul is now home to the newest branch of the state's largest dedicated CBD supplier, Nothing But Hemp.

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EAST METRO SUBURBS

If you live in the East suburbs of the metro area and know your usual CBD fare, your best bet may be to stop in to the Maplewood Mall on White Bear Avenue. On the first floor of the mall, Nothing But Hemp sells selections from its award-winning brands and products lines, in a stop-and-shop kiosk format. All the lab-tested, industry-leading products are there as you've come to expect them, all in an accessible and convenient manner. Be sure to swing by the store at **3001 White Bear Ave Maplewood, MN 55109**.

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THE SHORTLIST

Rosedale Center's trying another food hall, but this one sounds good
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THE STAT SHEET

6,000

Attendance at a youth rally at the Capitol last week to demand action on climate change

13

Consecutive number of playoff games the Twins have lost since 2004

140,000

Number of open jobs in Minnesota, compared to about only 70,000 people who are looking for work

\$220

Cheapest ticket at Target Field, should the Twins make the World Series

"I think the comical mustache he bought from a Village People memorabilia auction is starving his brain of oxygen. Looks good, though."

Reader Mike Etlicher responds to "Minneapolis police union chief blames 'ultra-left agenda' for pack robberies," at citypages.com.

PLEASE LOVE ME, IOWA

IOWA WAS SUPPOSED to show Sen. Amy Klobuchar some love. She's a neighbor, after all. A moderate pursuing affection in a conservative state. And at least in Minnesota, she's long demonstrated a farm country appeal.

But the latest Democratic presidential polling shows her well behind the pack, tied with Cory Booker for sixth place with a meager 3 percent. In the age of a virulently anti-Trump electorate, it appears that mainstream liberalism is a tough sell.

At 22 percent, Elizabeth Warren has now moved into the lead. Klobuchar also handily trails Joe Biden, Bernie Sanders, Pete Buttigieg, and Kamala Harris.

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“I don’t remember a time in which I didn’t hear the rhetoric of climate change as a kid,” says 16-year-old Isra Hirsi. “That’s become my generation’s life. Seeing how little time we have and how this continues to manifest itself into a bigger issue, more people are realizing that we need to protect our own futures.”

Hirsi is the co-founder and executive director of U.S. Youth Climate Strike, our nation’s branch of a global youth-led climate movement. The organization works in policy (think Green New Deal), advocacy (like a series of workshops held this summer to educate communities about climate change), and action (walk-outs, sit-ins, and strikes like the September 20 march that brought an estimated 4 million people out into the streets around the world).

Hirsi is notable not only for her age—she co-founded U.S. Youth Climate Strike just this January, at 15—but for her explicit focus on intersectionality within the climate justice movement, which still tends to focus on people with privilege. “I think it’s appealing to more white or privileged folks because they have access to things like camping or hiking and they feel connected to nature,” she explains. As a young, black, Muslim woman, she’s often felt tokenized or talked over—especially troubling given that, statistically speaking, those are the very people climate change disproportionately harms.

“We don’t talk a lot about how the crisis impacts black, brown, indigenous, and low-income communities,” she says. It’s a problem in Minnesota like it is everywhere: You’ll see increased asthma rates in north Minneapolis, where incomes are lower and air pollution is worse, while pipelines rip through the state’s indigenous land.

“When we talk about the climate crisis and we don’t talk about these communities that are being affected, we create this circle of it becoming a white issue, or an issue that doesn’t care about black and brown bodies,” she continues. “And that allows for solutions that don’t care about black and brown bodies.”

Luckily, more and more people are hearing her. She often tweets about the importance of intersectionality to her nearly 30,000 followers (when she’s not roasting her mom, Ilhan Omar, for not knowing how to hit the woah). Her work was the subject of a May AJ+ video that’s been viewed 350,000 times on Twitter alone, and just days ago Vice published a lengthy, in-depth profile about her work. A guy you may have heard of named Barack Obama has tweeted at her, recognizing her as one of the “young people leading the fight” to save the planet.

Seeing 4 million people marching in what’s being called the largest climate protest ever? Hirsi says it’s inspiring. She’s happy to see young people taking action and realizing this stuff matters.

“But obviously, it’s not enough,” she says. “There’s so much work that still needs to be done. We’re still at the beginning, and I have a really strong feeling that nobody’s going to stop it anytime soon, until we see the action that is necessary.” — EMILY CASSEL

MINNESOTA NEXT

9 OF THE TWIN CITIES’ MOST INSPIRING TEENS



ISRA HIRSI

The CLIMATE
ADVOCATE

COLIN MICHAEL SIMMONS

RIDWAN MOHAMED

The WORDSMITH



COLIN MICHAEL SIMMONS

A lot had to go wrong, and then right, before Ridwan Mohamed started getting inspiration from police procedurals on American TV. Born in a refugee camp in Kenya, Mohamed remembers it being hot and sandy, a sprawl of haystack houses with nary a road in sight. Her parents' plan was to take their four children back to Somalia once it was safer. Years passed, and the allure of escaping to America grew. Mohamed knew only rumors of this country before her family arrived in Utah.

"All I heard was people eat pork here, so I always assumed everything has pork in it," she says.

From Utah, Mohamed's parents relocated to Fargo for a few years before finding a home in north Minneapolis. The family, which has since grown to nine children, passed time at night watching television dramas like *Law & Order* and *NCIS*. The shows expanded vocabularies, and, in Ridwan, struck a nerve on matters of justice.

"I felt like whenever something was wrong, you should do something," she says. "I wanted to be a lawyer, and have that power."

This attraction to law and politics makes her an outlier in the family, and carried over into her experience at Patrick Henry High School, where advisor Caroline Stammers recruited her to join the debate team.

Mohamed saw debate as a résumé-builder for college, and a way to dip her toe in the political world. She credits Stammers for her growth as a public speaker, learning to anticipate and neutralize opposition

arguments before they were even made. Even in casual conversation, she can tap the warp-speed speaking gait debaters use to squeeze in as many points as possible.

In her most memorable and surreal experience, Mohamed and a partner faced a team from Wayzata High School—among the state's best, and with one of the biggest and wealthiest student populations.

The topic was immigration, and, by luck of the draw, Mohamed and her partner were the ones arguing against it. They martialled arguments about clashes of culture, singling out the potential for discrimination toward LGBTQ Americans, and the risk newcomers won't integrate with the local population. They won.

Of course, Mohamed's in favor of immigration. But the experience of arguing the other side sharpened and honed her thoughts about the tricky topic.

"I feel like we should still let people in," she says, "but always try something new to make sure this doesn't become whatever problem they're saying it is."

The 17-year-old would-be senior is effectively out of high school, taking all of her classes this year at Minnesota Community and Technical College to rack up credits. She's sorting out details, but law or politics is still her plan—and in DFL U.S. Rep. Ilhan Omar, Mohamed has an up-close view of how "nasty" that might get.

"It is kinda scary," she says. "But you see that people just overcome it over time. You have to be strong, and to just realize that the world is just not a great place. You just gotta push through. Politics sucks."

—MIKE MULLEN

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AVAHNII LEWIS

The DESIGNER



COLIN MICHAEL SIMMONS

Avahnii Lewis was just 13 when she took her first course in graphic design. At 17, she comes across like an old pro.

"Graphic design is everywhere," she says. "I think it's really cool that there are so many different avenues where it can be implemented. That's what I like about it; there's so much freedom."

A senior at Edina High School, Lewis developed her sense of what design can do at north Minneapolis' youth-oriented nonprofit Juxtaposition Arts. Almost four years ago, Lewis joined the Visual Art Literacy Training program, and later the graphic design lab. Now, as senior art director, she's worked with a variety of clients, from a family clinic and Can Can Wonderland to the Guthrie Theater, 3M, and the NCAA, experiences she calls "cool, and rare."

Through Juxtaposition, she's been mentored by innovative area artists like photographer Bobby Rogers and visual artist Greta Kotz. She created an infographic on mass incarceration for one client, and designed a poster featured during the Northside festival FLOW that put her own twist on the work of iconic pop artist Roy Lichtenstein.

"Lichtenstein has all these cool primary colors," she says. "But I also noticed

that the women he drew were all white and blonde, and I wanted to change that narrative. So I decided to make a brown woman with blue braids. I wanted to embrace that."

Lewis has interned at ad agency Knock Inc. and is the longest-standing member of the Walker Art Museum's Teen Arts Council. Through that program, she worked with Seitu Jones and Ta-coumba Aiken on their new installation of bronze sculptures and sidewalk etchings at the Sculpture Garden, flew with museum reps to Boston to speak on how arts education and social justice intersect, and helps host Teen Takeover events.

"Getting teens into these institutions and realizing that they have a safe space here is really important," she says.

Lewis is enrolled in the PSEO program at Normandale Community College and plans to continue studying graphic design. She dreams of landing a gig as an art director, and of using her position in the industry to offer the same kind of mentorship that's helped shape her budding career.

"I hope to be able to do that for young people in the future," Lewis says, "because a lot of people don't know how many cool opportunities there are Minneapolis."

—JESSICA ARMBRUSTER

GABRIEL SPINKS
The **URBAN
ENGINEER**



COLIN MICHAEL SIMMONS

Gabriel Spinks had lived all over Minneapolis by the time he entered Northeast's Edison High. Born to teen parents and no stranger to Section 8 housing, he grew up an angry kid who didn't know how to channel hardships at home into anything positive.

An English teacher pressed him to seek the student representative position on the district school board. Spinks distrusted authority and thought government antithetical to who he was. An inner voice doubted his ability. But when Spinks applied anyway and got the approval, he realized he'd been given a chance to represent students like him.

During the term he served as a sophomore, the school board considered whether police working in schools should wear their traditional uniforms or a polo version. Many of the adults wanted that soft uniform to assuage students' anxiety. Spinks took the unpopular stance, arguing kids wouldn't encounter polo-wearing cops on the street, so why should they in school? He was outvoted, but the experience left him with a newfound respect for the hardworking staff who support elected officials in designing the world.

In his junior year, Spinks joined the Minneapolis Youth Congress, a representative body of youth who work in concert with elected officials to decide policy. He was trained to analyze grant proposals and helped the Minneapolis Foundation assign half a million dollars to various nonprofits—a skill he used to fund Edison's district-champion chess team's travel to a national tournament.

Later, Spinks helped the city draft a Youth Master Plan, a vision of the future through the lens of kids. Spinks says Minneapolis shows foresight in mobilizing students to inform government policy on topics like Minneapolis 2040, a comprehensive plan for a thriving, more populous city a generation from now.

"When this 2040 plan is enacted, the people in office aren't going to be there anymore. It's going to affect youth the most."

After graduating from Edison, Spinks interned with City Council member Kevin Reich. He's now enrolled at Bemidji State University, where he'll study tribal law.

"You must assert your voice in the system," Spinks came to realize from his ventures into the messy work of local governance. "Learn to swim in this medium." —SUSAN DU

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JOSH GROVEN

The GUN ACTIVIST



COLIN MICHAEL SIMMONS

For Josh Groven's entire life, U.S. school shootings have been the sickening norm.

The Eagan teen didn't see elected officials doing anything to stop the bloodshed, but he did notice his peers in Parkland, Florida, energizing a wave of youth activism. So, as a senior at Apple Valley's School of Environmental Studies in 2018, he decided to fight gun violence by helping organize a multi-school walk-out and a subsequent sit-in at the Minnesota State Capitol.

"I view it as an issue of equality," says Groven, 19, now a freshman at Macalester College, where he plans to major in journalism or sociology. "Politicians continue to fail to fix the endangerment of a population, specifically young people. You can call it ageism, but it's an ignorance toward a very large group that's in danger and doesn't have political power or easily accessible means to protect themselves."

Activism came naturally to Groven. He was drawn to rallies for Black Lives Matter and the March for Science early in high school, and four years on the "hyper-political" debate team sharpened his rhetorical prowess. In March 2018, Groven and a handful of other teens organized a mass student walk-out in Apple Valley, Eagan, and Prior Lake to protest school shootings. In advance, they orchestrated social

media blitzes; they pounded pavement with old-fashioned flyers. The walkout was a success, though the young agitator felt it "lacked direct conflict" with do-nothing leaders.

That's when Groven and about 20 others decided to storm the Capitol. They interrupted a hearing with demands that the Legislature at least consider gun control legislation. They got gavelled down and tossed out, but Groven & Co. weren't deterred. Instead, they set up shop for 13 hours outside the office of Sen. Warren Limmer (R-Maple Grove), the chair of the Senate Judiciary's public safety committee.

Ultimately, lawmakers did almost nothing to make schools safer, leaving Groven "demoralized."

Seemingly moderate measures like universal background checks, red-flag laws, and assault weapons bans aren't even being seriously considered; the National Rifle Association's stranglehold on legislative discourse remains firm.

Groven isn't yielding to cynicism. He likes the Theodore Parker quote popularized by Martin Luther King: "The arc of the moral universe is long, but it bends toward justice."

"We're not shooting toward progress," Groven says, "but I think we do slowly trend toward a better world. That gives me hope." —JAY BOLLER

WINFREY OENGA

The POET



COLIN MICHAEL SIMMONS

Winfrey Oenga has never had any problem calling herself a poet. Though she's only 18, she's been creating in her particular style, which combines words with collage art, for three years. Still, she recalls the exact moment when she felt like she discovered her audience.

"I wrote a poem about patience—it wasn't supposed to be a poem I read for different events," Oenga recalls. "But I read this poem at a showcase. It was for graduation from AVID [a college-preparatory program]. The response was indescribable. I felt like I was a poet who finally got something from her audience, and I wasn't expecting that."

Oenga initially happened upon her style while finishing up a routine assignment for English class. "I had to keep a journal about how I would keep away from technology," she says. "We had to put images in the journal, and I created these small drawings and collages. I used images of nature and other forms of art around the world."

From there, the young poet and artist went on to serve on the Walker's Teen Arts Council, which introduced her work to adult artists and broadened her sense of what she wants to accomplish.

Like many young writers, Oenga has developed a clearer sense of what she wants to accomplish as her style has developed. "I go back and read my early poems and I'm confused about what I was writing about, but I know what I was feeling some at the time. Then I'd write more about being a black girl and feeling isolated. And now I write about empowerment, less about being isolated from people of color, and more as a way of empowering people who look like me."

Born and mostly raised in south Minneapolis, Oenga is a graduate of St. Paul Central High, but as she takes a gap year to decide on her college plans (and, of course, write and create), she happens to be living out in Burnsville. She probably won't be staying there any longer than she has to, though. "I do not like the suburbs at all," she says with a laugh. "It's definitely not a place for a young adult." —KEITH HARRIS

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JAMESA ROBINSON
The WRESTLER



COLIN MICHAEL SIMMONS

Jamesa Robinson is a “Swiss Army knife” of a softball player.

Those are the words of Robinson’s coach, Anthony Minus. The polite, soft-spoken Patrick Henry High School senior wouldn’t brag like that, but there’s no arguing that someone who’s played outfield, shortstop, catcher, and pitcher is down to take a swing at new challenges. Maybe that’s why Minus reacted the way he did when Robinson, also a standout on the school’s volleyball team, said she wanted to find a non-basketball winter sport.

Minus suggested wrestling. Robinson didn’t bat an eye.

If anything was strange about Robinson joining the wrestling team last year, it was how normal everyone made it. Teammates, classmates, family members—no one discouraged her. Probably because they already know her.

Robinson, who competed at 120 pounds last year, is short but powerful, muscly but flexible and light on her feet—all good traits for her new sport. Her main weakness was that she didn’t know how to wrestle.

“I didn’t know anything about it,” she admits. “But I was confident in myself and learned as the season went on.”

Coming from sports with short, active bursts followed by breaks, Robinson had to adjust to the physical toll wrestling took. Practices are grueling, and Minus

says she hit “a hard patch” at one point last year and considered leaving the team. But she didn’t quit, and Minus recalls an instance later in the season when the mild-mannered rookie dispatched five teammates in a row.

“[Robinson] is incredibly coachable,” says Minus. “She had to get used to the contact in wrestling, but she fends for her own.”

That showed in matches like one against a boy from Washburn High School. Aside from three years of varsity experience, the opponent had a huge height and reach advantage, and Robinson had to make him battle at her level.

“I kept thinking about yanking him down, and I tried to keep a strong grip on his head,” she says.

She won by pin, one of a handful she notched on her way to a 14-16 record. Minus credits Robinson’s decision to join the team with motivating another girl to wrestle, and says he never worried about her ability to adjust.

“She is 100 percent herself and doesn’t change to be what someone expects her to be,” he says. “That’s helped her in sports, but also in the school itself.”

If she can, Robinson will keep competing in all three sports in college. She’s still making up her mind about where to go, and says she’s considering a career in medicine or midwifing. —MIKE MULLEN

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BEN SMITH

The WHISTLEBLOWER



COLIN MICHAEL SIMMONS

On New Year's Day 2018, the city of St. Paul declared that all workers within its limits could earn sick time. No longer should those queasy and contagious feel compelled to work for fear of losing pay. The announcement came with great fanfare after years of research, extensive gathering of community feedback, and a public awareness campaign.

Then high school student Ben Smith, a Como Pool lifeguard, fell ill that summer. He wanted to tap into his earned sick hours and take the day off. His immediate supervisor claimed not to know what the ordinance was. A higher-ranked Parks and Rec manager was strangely defensive and patronizing, allegedly demanding to know how Smith learned about sick time, and whether he “was the one who had called downtown” asking about it.

The manager told Smith to wait. He would be paid for his accrued hours at year's end. When that didn't happen, and the city staff who were supposed to enforce labor standards kept blowing him

off, Smith sued St. Paul on behalf of all its part-time and seasonal workers.

He suspected it wasn't just his pool—heavily staffed by high school kids and adults with disabilities—that ignored the law. Since serving the suit, Smith has learned that possibly 223 city employees were left in the dark about their new rights—which the city denies.

This summer Smith continued his employment with the city, this time teaching water aerobics. Meanwhile, some Parks and Rec managers allegedly circulated malicious rumors about how he'd always been a disgruntled and irresponsible employee. Smith insists he loves the job.

He's determined to press on, even as he begins college this fall.

“I want the city to rectify what went wrong and make sure it doesn't happen again in the future, not just for me or for the people who also work at the Como Pool, but across the whole city of St. Paul if this is happening in other departments to other part-time or seasonal workers, or kids my age,” Smith says. “And then hopefully it can extend to all businesses in St. Paul.” —**SUSAN DU**

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SPENCER VENANCIO

The CHEF



REBECCA SLATER

On Spencer Venancio's Instagram (@spencer.venancio), you'll find pictures of dishes like the bright-green scallop crudo with pea and kiwi aguachile he prepared for a recent pop-up at Popol Vuh. Or the turmeric butter-poached lobster that appeared during his pop-up at Travail, posted along with photos of foie gras torchon and duck roulade from the same 13-course tasting menu. It's pretty high-concept stuff to be coming out of the kitchen of a 15-year-old.

Food was always important in Venancio's family, especially during the holidays, which brought everyone together over a big meal. "Food goes beyond eating for sustenance," he says.

That's when he realized he liked cooking, and, well, "When I find something I even remotely like, I want to be the best at it." He pored over cookbooks and YouTube videos, teaching himself the techniques and hosting prototypical pop-ups right out of his Woodbury home.

But Venancio's aspirations were too big for the family dining room. The solution? Easy: Go work in restaurants. The plan? Email his favorites—places like Spoon and Stable and Alma—asking if he could come cook with them.

The response? "Sure!"

Soon he was staging (restaurant speak for a sort of unpaid internship) in local kitchens every other week. Those lessons eventually became weekly, and by

the time last summer rolled around, he was working full-time. "It was always: What is the next step in me learning what I need to learn?" Venancio says. In addition to his time in the Twin Cities, he's staged in the kitchen at Chicago's legendary Alinea and San Francisco's Californio (the first Mexican restaurant to receive two Michelin stars).

The story is the same with his pop-ups, which started seasonally and became more consistent. He's about to announce a three-part monthly series to be held this fall.

Working with groundbreaking chefs like Alinea's Grant Achatz—also a winner of James Beard Awards and earner of Michelin stars—has been a humbling way for Venancio to hone his skills, stepping away from the creative side and cooking for other people instead of himself.

"That was the biggest thing I had to learn: I am there to execute their vision," he says. It can be stressful, sure, but it's also exciting. "There's a lot riding on you—not in the way that *I'm* super important, but everyone in that restaurant has to be executing everything to a very high standard."

And that's just fine by Venancio, whose competitive nature means he always wants to be learning about new ingredients and perfecting new techniques. Even his hobbies are food-related; he spends his free time foraging and traveling. "I always think that the best thing to cook is the new thing," he says. "I get bored very, very easily." —EMILY CASSEL

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BY STACY BROOKS

A few weeks ago, a friend and I were discussing a certain gourmet doughnut shop. “It’s not that their doughnuts are bad,” I said. “They’re just not...” My voice trailed off.

He nodded. “The doughnuts I like best from there are the simplest ones,” he said. “The blue-collar doughnuts.”

That’s when it clicked and I realized exactly why I’ve been disappointed, time and time again, by Instagrammable doughnuts bedecked with breakfast cereal and cookie dough: My childhood introduction to breakfast pastries was a box of assorted Hostess cake doughnuts from what my grandpa referred to as the “bread thrift store.” My sister would eat the powdered sugar ones, I got the crunch, and we split our favorites, the ones coated with a waxy chocolate icing.

My allegiance ultimately switched to raised glazed after a fateful visit to Krispy Kreme, but my taste in doughnuts is still decidedly blue-collar. I like doughnuts that are meant to be downed with a cup of black coffee on a 15-minute break, cheap enough that my retired steelworker grandpa wouldn’t wince at the price of a dozen.

Could I find such doughnuts in the Twin Cities in 2019, during the age of artisanal pastries? I decided to find out. I compiled a list of bakeries based on recommendations from carbohydrate-obsessed friends, and then I ate an undisclosed number of doughnuts in the name of journalistic research. To ensure an even playing field, I ordered a raised glazed doughnut at each bakery, as well as a cake or old-fashioned.

After racking up over 100 miles crisscrossing the Twin Cities, here are my favorite blue-collar doughnuts, for brightening up your work day with a flurry of sprinkles or a simple raised glaze.

Stellar cake doughnuts: Sarah Jane’s Bakery

The glass cases at Sarah Jane’s Bakery read like an encyclopedia of classic baked goods: danishes and bars, turnovers and muffins, cookies and cupcakes and doughnuts, of course. Orderly rows of raised and cake doughnuts with chocolate stripes and coconut, bismarcks bursting with raspberry jam, and filled doughnuts shaped like the state of Minnesota.

My raised glazed doughnut (\$1.15) was good, with a lofty chew and rich yeasty flavor. But the chocolate-frosted cake doughnut with sprinkles (\$1.15) was the

IS BLUE-COLLAR BEST?

In praise of bypassing ‘grammable doughnuts for simpler joys



ZOE PRINDS-FLASH

best rendition of a cake doughnut I came across. The frosting has a rich cocoa flavor, and the doughnut itself manages to be both light in texture and substantial enough to get you through the rest of your morning. 2853 Johnson St. NE, Minneapolis; 612-789-2827; sarahjanesbakery.com

Amazing raised doughnuts: SugaRush Bakery

Tucked into a small storefront on University, SugaRush Bakery seems more focused on its thriving wholesale business than on the ambiance of its seating area, where stacks of bakery trays and buckets of glaze share space with a four-top and a few well-worn chairs.

But don’t let the no-frills surroundings dissuade you. The raised glazed doughnut (\$1.35) was the best version of the many

I sampled, with an extra-puffy texture reminiscent of fry bread. That created an ideal doughnut-to-glaze ratio, as a doughy interior perfectly balanced the delicate coating of sugar.

Are you the sort of person whose favorite part of a loaf of bread is the crust? Go for the old-fashioned (\$1.35)—especially the chocolate-glazed version, with thick globs of sugary goodness pooled in the nooks and crannies of the doughnut’s delightfully crunchy exterior. 712 University Ave. W., St. Paul; 651-797-3354; sugarushdonuts.com

A touch of whimsy: Mel-O-Glaze Bakery

Stepping into Mel-O-Glaze Bakery is like diving into a box of crayons. The walls are painted vibrant shades of pink, red, and yellow, and the case of doughnuts is

a delightful jumble of rainbow sprinkles, pink icing, and M&Ms. The staffer behind the counter ordered me to eat a lemon doughnut hole from the freebie plate as soon as I walked through the door, and things only got better from there.

My raised glazed doughnut (\$1) was denser and chewier than the typical raised pastry, which gave it a heartiness I appreciated. However, that didn’t keep me from eating my way through a behemoth of a cherry cake doughnut that had been glazed, dipped in chocolate, and doused with sprinkles (\$2.50). As you may suspect, this was not a subtle pastry—it had a bright pink interior and tasted like jamming your mouth full of maraschino cherries. Sure, it’s a bit much, but in a heartfelt, exuberant way that reminds you of your favorite aunt. 4800 28th Ave. S., Minneapolis; 612-729-9316; meloglazebakery.com

For nostalgia: Hans’ Bakery

Hans’ Bakery is a reboot of a beloved Anoka landmark founded by German immigrants Hans and Traudy Birkner back in 1973, and uses many of the original bakery’s recipes. The packed pastry case looks like a blast from the past thanks to trays upon trays of basic cake, old-fashioned, and raised doughnuts, with the occasional maple bacon long john and plate-sized Texas doughnut thrown in.

The raised glazed doughnut (\$1.50) had a soothing Wonderbread-like texture and an impressive girth my frugal nature appreciated. The chocolate icing on my cake doughnut (\$1.25) didn’t have much of a cocoa flavor, although it served as a fine adhesive for the sprinkles. Despite a pleasantly fluffy texture, I’d written “Good but not memorable” in my notes leaving Hans’... and then the unexpected happened.

As I drove out of the parking lot, the memories came crashing back: doughnuts in church basements after Mass. Doughnuts at my grandparents’ kitchen table. Doughnuts at elementary school birthday parties with tiny cartons of milk.

That’s what the ideal doughnut is to me: a chance to revisit a time in my life when total bliss came in the form of sprinkles and chocolate icing. Does that mean I want to give up on adulthood and regress to my youth? Of course not. But I’ll always relish the delectable simplicity of a blue-collar doughnut. 1423 Fifth Ave., Anoka and 10400 Baltimore St. NE, Blaine; 763-421-4200; hans-bakery.com

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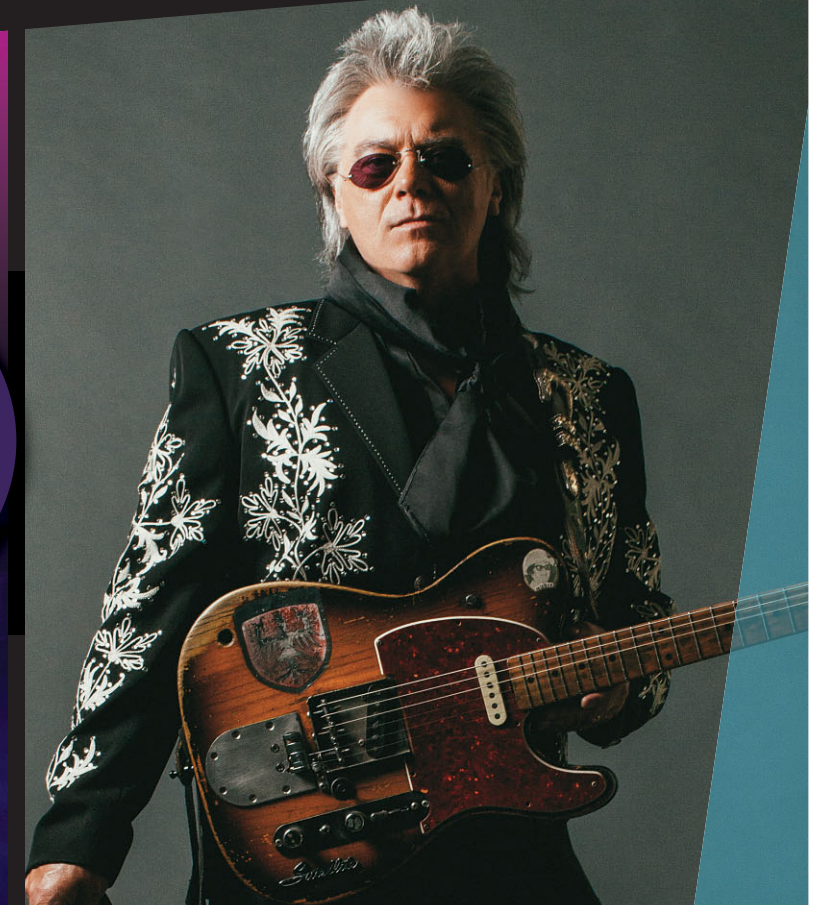
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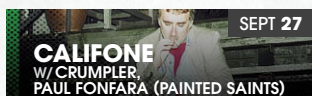
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W/ REPTALIENS, SIMOOTA

SEPT 29



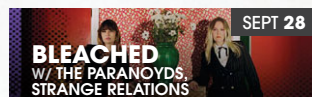
WILL REAGAN & ANDREA MARIE
W/ JOEL ANSETT

OCT 01



DANIEL NORGREN
W/ JAKE XERXES FUSSELL

OCT 02



BLEACHED
W/ THE PARANOYDS, STRANGE RELATIONS

SEPT 28



slenderbodies
W/ HAZEY EYES


OCT 05

AROUND TOWN



BRENT COBB AND THEM
W/ VICKY EMERSON
THE CEDAR CULTURAL CENTER

SEPT 28



flor
W/ joan, LostBoyCrow
AMSTERDAM BAR & HALL

OCT 02



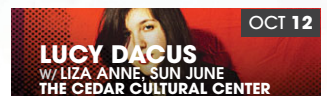
WHITE REAPER
W/ THE DIRTY NIL, THE PARANOYDS
AMSTERDAM BAR & HALL

OCT 05



WILLIAM TYLER
W/ OSCAR TENGO
Icehouse MPLS

OCT 10



LUCY DACUS
W/ LIZA ANNE, SUN JUNE
THE CEDAR CULTURAL CENTER

OCT 12

A LIST

SATURDAY Bauhaus parties for Oktoberfest p. 25

SUNDAY Artists and the Vietnam War at Mia p. 27

WEDNESDAY 9.25

COMEDY

EMILY GALATI

ACME COMEDY CO.

Emily Galati is a standup comedian from Arizona who relocated to Chicago to study improv. However, she continued to be drawn to standup and the control it provided. After a few years in the Windy City, she was headlining clubs across the country. Now based in Minneapolis, she continues to make a name for herself, riffing on her personal life and friends. “My pregnant friend called me and said she was going to have her baby at home,” Galati tells an audience. “That’s a disgusting way to lose your security deposit. That’s a difficult stain to explain. It was delivery, not DiGiorno.” Galati has no interest in having kids at this time in her life. “I’m a pretty big fan of birth control,” she adds, noting some people are against that for religious reasons. “Seriously? Not getting pregnant is the only thing I pray about. I go to church on Easter, Christmas, and if I’m a week late.” 8 p.m. \$15. 708 N. First St., Minneapolis; 612-338-6393. —P.F. WILSON

THURSDAY 9.26

BOOKS

KALISHA BUCKHANON

MAGERS & QUINN BOOKSELLERS

In 2005, *Essence* magazine named Kalisha Buckhanon one of “three writers to watch.” Well, they called it, because plenty of people have been watching her ever since. Her novels feature smart, young black women seeking justice and truth. Her debut, *Upstate*, about two lovers separated when one goes to prison, went on to win the Terry McMillan Young Author Award. After that came critically acclaimed works *Solemn* and *Conception*. Her latest book, *Speaking of Summer*, is a thriller about a woman seeking the whereabouts of her missing twin sister, who disappeared shortly after the death of her mother. She’ll be discussing her new work at Magers & Quinn this Thursday at a talk led by Lissa Jones of the Black Market Reads podcast. 7 p.m. Free.

Mia hosts two group shows featuring artists responding to the Vietnam War.



RUPERT GARCÍA, *¡FUERA DE INDOCHINA!*, 1970

3038 Hennepin Ave. S., Minneapolis; 612-822-4611. —JESSICA ARMBRUSTER

COMEDY

AMIR K

RICK BRONSON'S HOUSE OF COMEDY

“I’m just keeping busy with the standup,” reports Amir K from his home in Hollywood. “I’m getting onstage every night when I’m home, and that’s pretty much it. I’m just trying to get great.” Indeed, while Amir has a few acting credits on his résumé, his focus right now is the small stage. “Some people may get

overwhelmed with all the other stuff that they think they have to do, because there is a lot of pressure in the industry to have a podcast or do acting,” he says. “But I think there are multiple paths to get where you want to go. For me, I’ve been really focusing on the standup aspect.” Touring as much as he has lately has helped him further develop his set. “Since I’ve been traveling I’ve been talking a lot about the experiences I’m having on the road,” he says. “My act is always evolving, but typically my newer material is about what’s happening

in my life.” 7:30 p.m. Thursday and Friday; 9:45 p.m. Friday; 7 and 9:30 p.m. Saturday. \$16-\$23. 408 E. Broadway, Mall of America, Bloomington; 952-858-8558. **Through Saturday** —P.F. WILSON

FESTIVAL/FILM

14TH TWIN CITIES ARAB FILM FESTIVAL

ST. ANTHONY MAIN THEATRE

The Twin Cities Arab Film Festival heads to St. Anthony Main this week, offering a mix of comedy, documentary, drama, and more from Arab and Muslim filmmakers. The event, presented by Mizna and the Minneapolis-St. Paul Film Society, kicks off on Thursday with *It Must Be Heaven*, the latest political comedy by filmmaker Elia Suleiman, who is returning to the festival for the third time. The movie follows a Palestinian expatriate through a comedy of errors as he considers things like identity, belonging, and nationality. After the screening, head to Pracna on Main for the opening night party, catered by Zakia Deli with live performances by Deka. Other screenings include *aKasha*, a madcap love story set in Sudan; *Dachra*, a Tunisian horror film; five short films by local and regional filmmakers; and a program of shorts showcasing works from Sudan. In total, there will be over 30 contemporary films from a variety of countries, including Egypt, Lebanon, Qatar, Syria, Jordan, the U.S., and the United Arab Emirates. Find tickets and more info at mspfilm.org. \$12 per screening; \$25 three-pack tickets; \$45 six-pack tickets; \$60 festival pass. 115 Main St. SE, Minneapolis; 612-331-4723. **Through Sunday** —SHEILA REGAN

FRIDAY 9.27

BARHOPPING/FESTIVAL

WALDMANN OKTOBERFEST

WALDMANN BREWERY

Opened in 2017 after a painstaking restoration, Waldmann Brewery not only occupies the oldest saloon building in the Twin Cities (established in 1857), but proudly maintains its original German character. Inside the distinctive

CONTINUED ON PAGE 25 ►

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Pittsburgh Ballet Theatre in *The Great Gatsby*
Photo © Rich Sofranko



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FRIDAY

FESTIVAL
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FESTIVAL

It's that time of year again: the season when people feel compelled to get lost in a field of corn. The biggest and best place to do so is in



MARK VANCE/STAR TRIBUNE

Shakopee. Since 1997, the Peterson family has hosted a fall festival with a giant maze as the centerpiece (the "Sever" name comes from the farm's founder, Sever Peterson, who set up shop in 1890). This year's design, cut from hand again this year without the use of GPS, is in the shape of a T-Rex. If you get lost, use clues stationed at key points to help you find your way. Afterward, you can explore other fun, including a pumpkin patch, tractor pulls, playgrounds for kids, a petting zoo, and several corn pits to swim through. Find more details at www.seversfallfestival.com. 1 to 8 p.m. Fridays; 10 a.m. to 8 p.m. Saturdays; 10 a.m. to 6 p.m. Sundays. \$17; kids 3 and under free. 3121 W. 150th St., Shakopee; 952-270-6293. **Through November 3** —JESSICA ARMBRUSTER

CONTINUED FROM FRIDAY ►

limestone walls, the Bavarian-style furnishings harken back to an era when the pub was a community gathering place. This neighborly vibe is sure to be evident at the brewer's Oktoberfest, a weekend-long party that remakes Munich by way of Minnesota. With live music setting a boisterous mood, festival-goers can partake in the abundant lawn games in the spacious beer garden. The star of the occasion, of course, remains the ales, a factor that Waldmann has anticipated with a lineup of German-style brews, including pilsners, berliners, and dunkels. True to tradition, the brewery has also concocted a special Oktoberfest lager, perfect for toasting the occasion in a stylish commemorative stein. Lederhosen and dirndl dresses are entirely optional, but will undoubtedly match the atmosphere, particularly during Sunday's performance by the Bavarian Dance Group. 5 to 10 p.m. Friday; noon to 10 p.m. Saturday; noon to 7 p.m. Sunday. \$5 each day, \$2 ages 5-20 (free on Sun.). 445 Smith Ave. N., St. Paul; 651-222-1857. **Through Sunday** —BRAD RICHASON

SATURDAY 9.28

ART/BENEFIT

POSTERS FOR PARKS 2019

ROYAL FOUNDRY CRAFT SPIRITS

Public parks have been largely neglected by federal policy-makers in recent years, aside from proposals for ransacking

their natural resources or privatizing admission. Among the grassroots efforts initiated on a more local level to counter budget shortages is the annual Posters for Parks, the collaborative brainchild of People for Parks and LoveMplsParks.org. With more than 40 artists and designers enlisted to the cause, the event showcases an eclectic spectrum of original works, each inspired by our revered parks system. Whether a pastoral sketch of an iconic landmark or an abstract representation of an environmental wonder, each of the featured posters is a singular celebration of our expansive system. Hosted by Royal Foundry Craft Spirits, the four-hour event encourages attendees to not just enthuse over the art, but to purchase a print souvenir of their own. Proceeds from each purchase will be evenly split between the artist and People for Parks. 4 to 9 p.m. Free. 241 Fremont Ave. N., Minneapolis; 612-208-1042. —BRAD RICHASON

BARHOPPING/FESTIVAL
SCHWANDTOBERFEST 2019

BAUHAUS BREW LABS

For the past six years, Bauhaus has celebrated Oktoberfest with Schwandtoberfest, a Bavarian-style märzen lager with notes of caramel, toasted bread, and orange rind. The beer gets its name from the brewery's owners, the Schwandt family. At Saturday's event, there will be plenty of beer and a protein-heavy food truck menu from the likes

of Gerhard's Brats, Hoodlum BBQ Co., and New Bohemia. Or score some plant-based eats from Herbivorous Butcher. The party starts off with traditional tunes from the Brass Barn Polka Band at 3 p.m., followed by more jams from Static Panic (disco), Graveyard Club (indie synth), and Schwandt family band Viva Knieval (rock covers). Guests who ante up \$30 for VIP tickets get a commemorative stein and two fills of the event's namesake brew. All ages. Noon to 11 p.m. \$10; \$30 with beer stein special; \$5 designated driver. 1315 Tyler St. NE, Minneapolis; 612-276-6911. —LOREN GREEN

BARHOPPING/NERDERY
MULLET PARTY: ARCADE
GAMES & BEER

INBOUND BREWCO

This happening isn't about a haircut. The Mullet Party is named after the event's layout: business in the front, party in the back. Meaning, the taproom will be business as usual but in the back you'll find 20 classic arcade machines. For a \$5 cover each day, visitors can have unlimited play. Gaming options include Pong Arcade, Big Buck Hunter, skeeball, pinball, and the timeless Centipede and Dig Dug. It's not all business in the front, either, as Inbound will be tapping New England-style IPA Hazy Shades, giving visitors a preview before cans hit liquor stores next week. DJ Adatrak will also spin Minnesota-made hits in the taproom on Saturday night. 11 a.m. to 10 p.m. Saturday; 11 a.m. to 8 p.m. Sunday. Free; \$5 for all-you-can-play pass. 701 N. Fifth St., Minneapolis; 612-615-8243. **Through Sunday** —LOREN GREEN

DANCE

PITTSBURGH BALLET THEATRE

NORTHROP

In writing *The Great Gatsby*, did F. Scott Fitzgerald produce the Great American Novel? There's enough flash and panache

embedded in the compelling narrative, propelled by a dark undercurrent of hypocrisy about the American dream, to keep the book on high school English syllabi around the world. It's also inspired no less than four versions by the Pittsburgh Ballet Theatre. Choreographer Jorden Morris, who has made several other narrative ballets for PBT—including *Moulin Rouge: The Ballet*, presented by the company in 2009 at Northrop—is at the helm of the version being performed this weekend. The costumes, at the very least, look period-perfect and sumptuous. The movement is reportedly neo-classical and contemporary. The score, by Carl Davis, will be played by a live orchestra. 7:30 p.m. \$34-\$76. 84 Church St. SE, Minneapolis; 612-624-2345. —CAMILLE LEFEVRE

FOOD/FESTIVAL

TWIN CITIES GRILLED
CHEESE FESTIVAL

THE COMMONS

Despite being a time-honored comfort food, the humble grilled cheese is hardly known for its complexity. There is, however, potential for delicious versatility. Combined with the endless variations inherent to mixing cheeses and breads, added ingredients allow for enough flavorful combinations to entice even the most demanding foodies. The Twin Cities Grilled Cheese Festival offers three hours to sample the inspired creations of local chefs and restaurants. An all-inclusive ticket encourages attendees to try a full range of sandwiches before voting on favorites. Organizers have had the foresight to include an open bar with the price of admission. Proceeds will be directed to Heart of America, a group focused on contributing curriculum resources and technological tools to under-budgeted schools across the country. Whether

CONTINUED ON PAGE 27 ►

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CONTINUED FROM SATURDAY ►

your tastes tend toward classic cheddar melted to molten perfection or more unorthodox combinations, this festival aims to expand expectations of a savory favorite. 21+. Sessions are at 12:30 and 4:30 p.m. \$59; \$109 VIP. 425 Portland Ave. S., Minneapolis. —BRAD RICHASON

BOOKS

MAGGIE RYAN SANDFORD

MOON PALACE BOOKS

Ever heard of the naked mole rat? It's a nearly cold-blooded mammal with an extraordinary life expectancy of over 30 years. It's resistant to cancer, doesn't age, and is unable to feel pain. In local writer Maggie Ryan Sandford's new book, *Consider the Platypus*, the naked mole rat is just one of the unusual beasts she discusses. Meet the axolotl, an amphibian with remarkable healing abilities, and learn more about pets like dogs and cats, which she uses to talk about things like evolution, biology, and how genetics work. A former researcher with the Science Museum of Minnesota, Sandford has a wonderful comedic writing style, and her book is sure to

entertain as well as educate. She's also written for National Geographic, Slate, and the Smithsonian, and has appeared on *All Things Considered*. 4 p.m. Free. 3032 Minnehaha Ave., Minneapolis; 612-454-0455. —SHEILA REGAN

SUNDAY 9.29

ART/MUSEUM

ARTISTS RESPOND:
AMERICAN ART AND THE
VIETNAM WAR, 1965-1975

MINNEAPOLIS INSTITUTE OF ART

As a follow-up to its most recent triumph—the first-ever, critically lauded, blockbuster exhibition of work by Native women artists—Mia is presenting another first: the Smithsonian American Art Museum's "Artists Respond: American Art and the Vietnam War, 1965–1975." Unprecedented in its range and depth, the exhibition investigates the impact of the Vietnam War on American art, contextualizing nearly 100 works by 58 artists within second-wave feminism, the Black Power and Black Arts movements, and—specific to the Mia's

Grilled cheese is a fav among kids, SIMS characters, and drunk people alike.



11 CREATIVE

installation—the protests following the violence during the 1968 Democratic National Convention in Chicago. Mia's companion exhibition, "Artists Reflect: Contemporary Views on the American War," provides another point of view: that of Southeast Asian diaspora artists. Two Minnesota artists, Pao Houa Her

and Teo Nguyen, have work in the show, along with 10 additional artists whose pieces encapsulate the myriad effects of violence and migration on memory and healing. Admission to this exhibition is \$20. 2400 Third Ave. S., Minneapolis; 888-642-2787.

Through January 5 —CAMILLE LEFEVRE

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FILM

JEER ABBEY

The *Downton Abbey* movie is the series at its most frivolous and indulgent



Michelle Dockery

JAAP BUITENDIJK / 2019 FOCUS FEATURES, LLC

BY BRYAN MILLER

PBS's surprise-hit British import *Downton Abbey* is a curious case of a show that didn't merely decline in quality, but actually became its own antithesis.

Downton began as a portrait of an old-world class structure struggling to maintain tradition in the face of encroaching modernity. In the early seasons, set in the years before and after World War I, head of the house Lord Grantham (Hugh Bonneville) makes the controversial choice to welcome a distant relative, the class-averse Hunky Cousin Matthew (Dan Stevens), as the inheritor of the estate. Hunky Matthew winds up taking a shine to Lord Grantham's rebellious, sexually liberated daughter, Lady Mary (Michelle Dockery), and the young couple seem poised to usher *Downton* into the future.

A few seasons later, Hunky Matthew is killed off in a car accident (Stevens was dissatisfied with, among other things, his character's improbable recovery from paralysis), and *Downton* increasingly lapsed into abject fetishism of the very institutions it once gently cajoled.

Now comes the big-screen return to *Downton*, which devolves into an unapologetically nostalgic look back at a nostalgic look back. The *Downton Abbey* movie doesn't revert to the slightly introspective tone of the early years. Rather, it downshifts into its default mode: a stately bukkake of moribund Anglophilia.

The opening sequence is a smart callback to the debut episode, tracing the progress of a letter along its way to *Downton*. Rather than deliver tragic news, however, this one heralds good tidings: The king and queen of England are coming to stay for a royal visit.

Both the upstairs and the downstairs—the key dichotomy of creator Julian Fellowes' TV show—are in a tizzy. Upstairs, series MVP the Dowager Countess (Maggie Smith) plots a regal argument to further her son's position, while downstairs the house servants quarrel with the staff of the palace over who will have the honor of fetching hors d'oeuvres for the regency.

Downton has rarely thrived when it attempts high-stakes drama (see also: Anna's rape in season four), and it speaks to the series' misplaced priorities that the question of who gets to cook the king and queen's

DOWNTON ABBEY

directed by Michael Engler
area theaters, now playing

dinner occupies far more screen time than an attempted assassination. That the crux of the film is the underclass regarding serving royalty to be, as one character puts it, "the peak of my life," is all but impossible to understand for an American who finds the entire notion of kings preposterous.

Veteran TV director Michael Engler makes no pretense: He shoots this thing exactly in the style of the show, with little embellishment for the cinema. This is a super-sized, fans-only episode. The big screen does allow the viewer to enjoy the rich details of the *Downton* setting; even at its worst, the show was always good drawing-room decor porn. And this is most certainly *Downton Abbey* at its worst, or at least its most dimly indulgent.

If the Dowager Countess had a haughty American counterpart, she might say: The *Downton Abbey* movie leaves one wishing for another film to cleanse one's palate. Something French, preferably with a focus on guillotines. **C**

RAZZLE-DAZZLE

Theatre Latté Da relishes sparkle and the spotlight for *Chicago*



DAN NORMAN

BY JAY GABLER

For *Assassins*, Theater Latté Da turned its northeast Minneapolis home into a working amusement park. Now, for *Chicago*, it's a speakeasy cabaret. At this rate, if the company ever does *Show Boat*, they're going to have to caulk the Ritz and push it into the Mississippi.

The theater was built in 1926, the same year playwright Maurine Dallas Watkins introduced Broadway to a new satire inspired by the true stories of two Windy City women acquitted of murders under dubious circumstances. John Kander (music), Fred Ebb (book, lyrics), and Bob Fosse (co-writer, original choreographer) adapted the play into a 1975 musical; bolstered by the Oscar-winning 2002 movie, *Chicago* has become one of the most vaunted entries in America's musical theater canon.

Director Rothstein and his creative team embrace the material's salacious Jazz Age roots in a production that draws the audience into a fully realized world of amoral glitz. Conceiving *Chicago* as a series of vaudeville vignettes, its creators

gave a newly literal meaning to the phrase "show trial."

Putting the audience onstage is a schtick you've seen before, but not like this: Scenic designer Eli Sherlock shades the distinction between stage and seating just about as much as anyone could without straight-up gutting the vintage auditorium. In addition to the spectators seated at bars tracing stage tiers, a catwalk divides the front rows as characters make entrances and exits throughout the space. That presents a series of daunting technical challenges—not least for lighting designer Mary Shabatura, whose stunning work both directs viewers' attention and bathes the beaming cast in a warm glow that ignites every sequin in Alice Fredrickson's flamboyant costumes.

This show is full of juicy roles, and Rothstein spreads the love around in a production that elevates the ensemble. This isn't a *Chicago* that lets Billy Flynn run away with all the love; in fact, businesslike actor Robert O. Berdahl looks like he'd be just as happy to get the razzle-dazzle over with and sit back to enjoy the quality cigars those \$5,000 paydays will buy him.

CHICAGO

Theatre Latte Da
345 13th Ave. NE, Minneapolis
612-339-3003; through November 3

Latté Da regular Britta Ollmann has fun with the wicked Roxie: Her angelic face, glittering gowns, and big platinum hair invite reflections on what a young Dolly Parton might have done if she decided to use her gifts for evil rather than good. As her rival, rising star Michelle de Joya leaps into the limelight of Minnesota musical theater with a winning performance: Instead of a sneering ice queen, de Joya's Velma is endearingly vulnerable in numbers like "I Can't Do It Alone." (In the process, she bolsters what's turning into a banner season for show-stopping musical numbers delivered, partially, while upside down.)

Chicago is more timely than ever in our media-saturated legal landscape, but this production doesn't hit the show's social critique too hard: Given the subject matter, it feels almost dangerously fun. Just what a speakeasy's supposed to be. **C**

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DARIN BACK

INNERVISIONS

Four Minnesota musicians on meditation, creativity, and peace of heart-mind

BY JIM WALSH

Aldous Huxley may have foretold these current noisy times when he wrote *Brave New World* in 1931, but he also provided something of a cure-all when he famously wrote, “After silence, that which comes clearest to expressing the inexpressible is music.”

Today silence is as endangered as the environment. As audio ecologist Gordon Hempton noted on a recent *On Being with Krista Tippet* podcast, there are at most a dozen truly quiet places left on the planet, which makes the practice of stilling the mind through meditation all the more necessary for artists and humans of all stripes.

For the following Minnesota musicians, meditation has helped balance the chaos of the loud world and the auditory rush of music making with the quiet inner soul so crucial to the creation of original thought, songs, and musical pieces. Here in their own words (edited for length and clarity) are four area songwriters, talking about their meditation practice and providing tips for anyone looking to dive deeper.

CHRIS PERRICELLI

I’ve been meditating since 2000. I think it just keeps me in check. Every time my ego might be getting bigger, I’m able to see that subjectively. It’s a moment to reset, really. It’s something I usually do in the morning. It’s a great way for me to start the day, just to let go of everything and just let myself be as I am and accept how that is, and not necessarily trying to get away from how I feel or my thoughts, but just sitting with them and seeing where I’m at.

Meditation helps put a mirror up to the ego, and to observe it, and it gives you a moment to check yourself, really, and to just see yourself from a different point of view instead of just your ego mentality. There are times when it’s necessary that I have to promote myself, to play that role, but it’s only part of me; that’s not all of me. There’s much more in my life going on than music, or promoting stuff. There are a lot more levels to me than that. So checking up on yourself helps you not to get too high. I’ve got a song called “Not Quite So High,” and that kind of talks about that.

Art comes in many forms, and it can come from anywhere and anybody, but

I feel like meditation plays a part in my creativity in that way. When I’m doing that, coming up with riffs and whatnot, that’s a meditation in itself. I’m not thinking about what I’m going to make for dinner or work in the morning, I’m just focusing on whatever comes comes, and again, it’s just a matter of having a clear mind in order to accept and flow what is coming in and out of the ether.

The 45-year-old leader of Little Man celebrates the release of his new album, In Between the Lions, September 27 at the Hook and Ladder Theater & Lounge.

MARY BUE

My first dive into meditation was when I was in seventh grade. I was taking taekwondo and the master would have us do a visualization before we started fighting. So we’d visualize natural places—waterfalls, forests, and oceans—and so that was my first real look internally. Then I started getting really more internal and artistic, and in eighth grade I got sort of alienated from people, and I would prefer to read, or paint, or listen to music. It was a shifting time for me.

Then in college, I was a psychology major at UMD and I studied with the head of the department at that time. Now I use my practice to turn things off and go internal and hear what rises out of my headspace when nothing else is stimulating it. It’s a form of mind training; it goes from audible, to quiet, to silent, and then I can feel this reverberation in my heart space, and it’s super cool.

With music, meditation is a way of letting go of expectations or the hope of... you’re creating something, but then you’re surrendering the fruits of your labor to whatever it may be. So this practice is of thoughts arising, but not attaching to them or letting them take you for a ride. So it’s really been a strengthening process for me.

The 38-year-old Duluth-launched singer/songwriter and yoga instructor heads to Bali and India to lead workshops on creativity and yoga in the winter, and releases her new album, The World Is Your Lover, in the spring.

HANS SCHUMACHER

I’ve been meditating for 25 years. I got into it in college. I always felt like I had some sort of inner dialogue going on. Finding a path of internal refuge and healing and getting to know the full spectrum of one’s own self or spiritual inheritance—that’s accessible, and powerful. It doesn’t have

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Saturday Matinee, September 28 || 1:00 pm

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Tuesday, October 1 || 7:30 pm

DON'T YOU WANT ME BABY: THE TROUBLE WITH LOVE & POWER AN EVENING OF PERSONAL ESSAYS

Thursday, October 3 || 8:00 pm

CREEPSHOW (1982 35MM)

Friday, October 4 || 8:00 pm

KARA LAUDON ALBUM RELEASE W. DAVID GERALD SUTTON

Saturday Matinee, October 5 || 1:00 pm

HOCUS POCUS (1993)

Saturday, October 5 || 8:00 pm

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MUSIC

to be Buddhist meditation even. There are contemplative traditions in Christianity and Judaism and Islam; from my understanding they have their own methods of self-inquiry.

Musicians are probably intentional about meditating because I think most musicians experience a kind of meditation, or a zone, when it collectively starts to happen and then when that's really happening authentically, I think there's connection with the audience, and then there's sort of a drawing in. You can tell that with bands who have quote-unquote chemistry.

I had a very profound moment at a Wilco concert at the Palace Theater, where I was watching the proceedings kind of as a meditator and I thought, "Music is always in the now, and people are now riding the wave of the unfolding now because they know and love this song." So their minds aren't going anywhere else. They're singing along, and they're feeling the feeling of the song, and I thought, "This is like group meditation." And if you're catching it, there's a consciousness shift in a really live experience that's like church.

The 53-year-old leader of American Pleasure Dome is a painter, Buddhist, and singer/songwriter who recently released his self-titled debut record with APD.

ELLIS

I've been meditating for 20 years. I was really fortunate to find Common Ground Meditation Center in Minneapolis early on, and it was through finding that community that I started meditating. I also took a mindfulness course in college, and I remember in that class solidifying those ideas of Buddhism and the ideas around non-violence and compassion and what it is to practice radical acceptance and radical love and really being interested in that warrior path.

For me, meditation has been a way to reduce the noise and become more of a listener of my own heart and mind. It's a way to be intimate with yourself. It's just helpful. The meditation I do is the vipassana, which is basically seeing things as they are.

Songwriting is a spiritual practice. In the creative life, it's all about things coming and going. It's all about trying to grab on to something that is spirit. I'm always trying to write with this emotional center that's connected to something greater than us. It's a collaboration, and so the more quiet I can get, the more I can learn to really listen to the truth of my own heart and mind, to what the chords are doing, and doing that from an observer point of view.

The hard-touring 43-year-old singer/songwriter is currently "working to be a balanced folksinger mom as the parent of a 9-year-old" and gearing up for the release of her new record, Ordinary Love, in February.

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♈ ARIES (March 21-April 19): Comedian John Cleese speaks of two different modes toward which we humans gravitate. The closed style is tight, guarded, rigid, controlling, hierarchical, and tunnel-visioned. The open is more relaxed, receptive, exploratory, democratic, playful, and humorous. I'm pleased to inform you that you're in a phase when spending luxurious amounts of time in the open mode would be dramatically healing to your mental health. Luckily, you're more predisposed than usual to operate in that mode. I encourage you to experiment with the possibilities.

♉ TAURUS (April 20-May 20): Upcoming adventures could test your poise and wit. They may activate your uncertainties and stir you to ask provocative questions. That's cause for celebration, in my opinion. I think you'll benefit from having your poise and wit tested. You'll generate good fortune for yourself by exploring your uncertainties and asking provocative questions. You may even thrive and exult and glow like a miniature sun. Why? Because you need life to kick your ass in just the right gentle way so you will become alert to possibilities you have ignored or been blind to.

♊ GEMINI (May 21-June 20): Novelist John Irving asked, "Who can distinguish between falling in love and imagining falling in love? Even genuinely falling in love is an act of the imagination." That will be a helpful idea for you to contemplate in the coming weeks. Why? Because you're more likely than usual to fall in love or imagine falling in love—or both. And even if you don't literally develop a crush on an attractive person or deepen your intimacy with a person you already care for, I suspect you will be inflamed with an elevated lust for life that will enhance the attractiveness of everything and everyone you behold.

♋ CANCER (June 21-July 22): You know your body is made of atoms, but you may not realize that every one of your atoms is mostly empty space. Each nucleus contains 99 percent of the atom's mass, but is as small in comparison to the rest of the atom as a pea is to a cathedral. The tiny electrons, which compose the rest of the basic unit, fly around in a vast, deserted area. So we can rightfully conclude that you are mostly made of nothing. That's a good meditation right now. The coming weeks will be a fine time to enjoy the refreshing pleasures of emptiness. The less frenzy you stir up, the healthier you'll be. The more spacious you allow your mind to be, the smarter you'll become. "Roomy" and "capacious" will be your words of power.

♌ LEO (July 23-Aug. 22): "We don't always have a choice about how we get to know one another," wrote novelist John Irving. "Sometimes, people fall into our lives cleanly—as if out of the sky, or as if there were a direct flight from Heaven to Earth." This principle could be in full play for you during the coming weeks. For best results, be alert for the arrival of new allies, future colleagues, unlikely matches, and surprise helpers.

♍ VIRGO (Aug. 23-Sept. 22): In North America, people call the phone number 911 to report an emergency. In much of the EU, the equivalent is 112. As you might imagine, worry-warts sometimes use these numbers even though they're not experiencing a legitimate crisis. For example, a Florida woman sought urgent aid when her local McDonald's ran out of Chicken McNuggets. In another case, a man walking outdoors just after dawn spied a blaze of dry vegetation in the distance and notified authorities. But it turned out to be the rising sun. I'm wondering if you and yours might be prone to false alarms like these in the coming days, Virgo. Be aware of that possibility. You'll have substantial power if you marshal your energy for real dilemmas and worthy riddles, which will probably be subtle.

♎ LIBRA (Sept. 23-Oct. 22): "I just cut my bangs in a gas station bathroom," confesses a Libran blogger who calls herself MagicLipstick. "An hour ago I shocked myself by making an impulse buy of a perfect cashmere trench coat from a stranger loitering in a parking lot," testifies another Libran blogger who refers to himself as MaybeMaybeNot. "Today I had the sudden realization that I needed to become a watercolor painter, then signed up for a watercolor class that starts tomorrow," writes a Libran blogger named UsuallyPrettyCareful. In normal times, I wouldn't recommend that you Libras engage in actions that are so heedlessly and delightfully spontaneous. But I do now.

♏ SCORPIO (Oct. 23-Nov. 21): You could call the assignment I have for you as "taking a moral inventory" or you could refer to it as "going to confession." I think of it as "flushing out your worn-out problems so as to clear a space for better, bigger, more interesting problems." Ready? Take a pen and piece of paper or open a file on your computer and write about your raw remorse, festering secrets, unspeakable apologies, inconsolable guilt, and desperate mortifications. Deliver the mess to me at Truthrooster@gmail.com. I'll print out your testimony and conduct a ritual of purgation. As I burn your confessions in my bonfire at the beach, I'll call on the Goddess to purify your heart and release you from your angst. (P.S.: I'll keep everything confidential.)

♐ SAGITTARIUS (Nov. 22-Dec. 21): Two hundred years ago, Sagittarian genius Ludwig Beethoven created stirring music that's often played today. He's regarded as one of history's greatest classical composers. And yet he couldn't multiply or divide numbers. That inability made it hard for him to organize his finances. He once wrote about himself that he was "an incompetent business man who is bad at arithmetic." Personally, I'm willing to forgive those flaws and focus on praising him for his soul-inspiring music. I encourage you to practice a similar approach with yourself in the next two weeks. Be extra lenient and merciful and magnanimous as you evaluate the current state of your life. In this phase of your cycle, you need to concentrate on what works instead of on what doesn't work.

♑ CAPRICORN (Dec. 22-Jan. 19): "When you hit a wall—of your own imagined limitations—just kick it in," wrote playwright Sam Shepard. That seems like a faulty metaphor to me. Have you ever tried to literally kick in a wall? I just tried it, and it didn't work. I put on a steel-toe work boot and launched it at a closet door in my basement, and it didn't make a dent. Plus now my foot hurts. So what might be a better symbol for breaking through your imagined limitations? How about this: Use a metaphorical sledgehammer or medieval battering ram or backhoe. (P.S. Now is a great time to attend to this matter.)

♒ AQUARIUS (Jan. 20-Feb. 18): In 1965, Chinese archaeologists found an untarnished 2,400-year-old royal bronze sword that was still sharp and shiny. It was intricately accessorized with turquoise and blue crystals, precision designs, and a silk-wrapped grip. I propose we make the Sword of Goujian one of your symbolic power objects for the coming months. May it inspire you to build your power and authority by calling on the spirits of your ancestors and your best memories. May it remind you that the past has gifts to offer your future. May it mobilize you to invoke beauty and grace as you fight for what's good and true and just.

♓ PISCES (Feb. 19-March 20): "All human beings have three lives: public, private, and secret," wrote Piscean novelist Gabriel García Márquez. I will add that during different phases of our lives, one or the other of these three lives might take precedence, may need more care than usual. According to my analysis, your life in the coming weeks will offer an abundance of vitality and blessings in the third area: your secret life. For best results, give devoted attention to your hidden depths. Be a brave explorer of your mysterious riddles.

CROSSWORD

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THE CORPS IS IN SESSION

BY BRENDAN EMMETT QUIGLEY

Across

- 1 Like Atari 2600 and Nintendo Entertainment System game consoles
- 5 Does voiceover work
- 9 Windows forerunner
- 14 Mighty tony
- 15 Biblical twin
- 16 “The Evil Dead” director
- 17 Serious complaint from author Puzo?
- 19 Chicken man
- 20 “Some of us are becoming the men we wanted to marry” speaker
- 22 Card dealer's box
- 23 “Stuff it”
- 26 Took cover
- 27 Unthinking worker
- 29 China with scones
- 31 Classic skateboarding magazine
- 34 Computer bug, often
- 35 Up one
- 36 Actress Amurri Martino
- 37 Turned on the waterworks
- 38 Lactose intolerant's no-no
- 39 Representative Schiff
- 40 When the trip's gonna end, briefly
- 41 Ahmad Jamal's instrument
- 42 Tool houses
- 43 “I'm not looking for a response,” on Twitter
- 45 Party
- 46 One who walked through Hell?
- 47 Coffee serving
- 48 Pull off?
- 49 Tease
- 51 Collection of previously published works

- 54 In a tumultuous state
- 56 Outdoor areas where one can belch?
- 60 Way to go
- 61 Marc of fashion
- 62 “I'm baby,” e.g.
- 63 MLB commissioner before Manfred
- 64 Cut the crop
- 65 Annual Austin music/film fest

Down

- 1 When prime time starts
- 2 Feathery neckpiece
- 3 The Kneset's nat.
- 4 “So. Much. ____”
- 5 Liar's trade
- 6 Humanitarian org. created by JFK
- 7 Stable home?
- 8 Deadpool, for one
- 9 1981 Conway Twitty album (which doesn't have a song titled “I Pity the Fool”)
- 10 Approvals
- 11 Dole out an expression of stupidity?
- 12 Herman Melville's most-famous novel (crossword-wise)
- 13 Function of geometry
- 18 Alternate choice
- 21 Eel's cousin
- 23 Drunk as a skunk
- 24 Legalese phrase
- 25 Two things an angel must have while covering Aretha Franklin?

- 28 Awful
- 30 Drunk
- 31 “To ____ own self be true”
- 32 Artful dodger?
- 33 Two-time Pro Bowl cornerback Jalen
- 35 One who might need help getting started
- 38 “Same”
- 39 Fancy tuna
- 41 Rate poorly
- 42 Clean, as a spill
- 44 Most populous island of French Polynesia
- 45 Classic Seattle record label that found Nirvana
- 47 Happening roughly
- 49 Marmalade containers
- 50 Woodwind instrument
- 52 Zap in the microwave
- 53 BJ's rival
- 55 Chicken serving
- 57 Spot's bud
- 58 maps.google.ca meas.
- 59 Darn

Last Week's Answer

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9:30pm : lenz & frenz
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farmhouse band, san souci quartet,
row of ducks)

thu : september 26
9:30pm : lena elizabeth, julia floberg

fri : september 27
7pm : laura and sean's
movie and music trivia
10pm :Benefit show for JustUs Health
kiss the tiger, kasano and the vybes,
joe werner

sat : september 28
7pm : trivia mafia presents
331 drinkin' spelling bee
10pm : fredrick, the first
CHNNLL

sun : september 29
3-5pm : experience room
with the corn sweat
8pm : trivia mafia

mon : september 30
8pm : the roe family singers
10pm : doug otto and friends

tue : october 1
7-9pm : t.e.e. – tuesday early evening
9:30pm : 331 club and fair state brewing
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Crossed Off

Should I confront my father about his secret cross-dressing?



Dan Savage

I'm a 35-year-old bisexual man in a LTR with a man. My question, however, has to do with my parents. As an adolescent/teen, I was a snoop (as I think most of us are, looking for dad's porn stash, etc.). I was probably 12 or so when I found evidence of my dad being a cross-dresser. There were pictures of him in makeup and women's clothing, and correspondence (under an alias and to a separate PO box) with other men interested in cross-dressing. As far as I could tell, he did this alone in hotel rooms while on work trips. Two years ago while on vacation, it came up while my mom and I were at dinner. She had recently found evidence, and she needed to take a short break to visit a friend out of state to process. She suggested I bring it up with him (I guess) because I'm queer and she knows I used to help host pansexual play parties. My dad is a devout Republican and comes off as very masculine. I see them only a couple times a year. Should I try to bring this up with my dad and let him know that I've known about his cross-dressing for more than 20 years and offer my knowledge about kink and alternative sexuality? Or just let him do his thing and we all retain the illusion of ignorance? My parents are still happily married—and whether it is more companionate than lusty, they love each other and have been married for more than 40 years. Your take would be appreciated.

SON OF A CROSS-DRESSER

Why does your mother want you to talk to your dad about his cross-dressing? Does she want you to talk him out of it? Does she want you to convince him to include her on his cross-dressing trips? Does she think he would benefit from attending a pansexual play party with his adult bisexual son?

Unless your father is in some sort of emotional distress or your mother is in some sort of danger, I really don't see the point of this conversation, SOACD. It doesn't sound like your dad is struggling with shame. If your dad had to abuse alcohol or smoke a crate of meth in order to give himself permission to cross-dress alone in a hotel room, you surely would have mentioned that fact. And if your father was having

unprotected sex with the other straight male cross-dressers he corresponded with, you surely would have mentioned that, too.

From the details you included in your letter, SOACD, it sounds like your dad has successfully integrated cross-dressing into his life without harming himself or neglecting and endangering your mom. You could say your parents had a long and loving marriage despite the cross-dressing... or you could say it's possible your parents' marriage is an ongoing success not despite the cross-dressing but because of it. If dressing up in women's clothes and occasionally escaping the confines of masculine performance helped your dad feel centered and emotionally whole, having this escape and having some people he could be open with about it—some straight male cross-dressing peers—could have made him a better husband and father. (It's too bad it didn't make him a better person politically, but you can't have everything.) And while it might have been better for everyone if your dad had been open about his cross-dressing with his wife and kid(s), that ship sailed a long time ago.

I don't see what this convo—coming 20 years after you discovered his cross-dressing and two years after your mother did—will achieve other than embarrassing your father. Even a married person has a right to some degree of privacy, and each of us has a right to a small zone of erotic autonomy. Your parents' long, loving, successful marriage coexisted with your father's cross-dressing for four decades, and I don't see why it can't continue to do so now. And if your mother is sad that your dad never shared this with her and wants to reassure him that he didn't need to hide this part of himself from her and that she loves him just the same, she doesn't need to deputize her bisexual son to initiate that conversation. If she thinks it would be a relief and not a torment for her husband to know she knows and that knowing hasn't changed how she feels about him, she should tell him.

mail@savagelove.net

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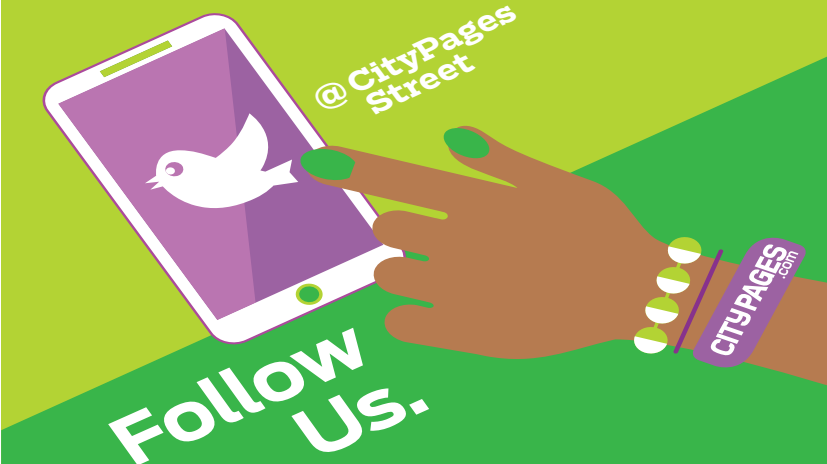
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